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Your essential daily news | TUESDAY, JANUARY 24, 2017

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'There will be a new normal'

EDUCATION

Teachers' union head on transition from work-to-rule



**Yvette
d'Entremont**
Metro | Halifax

As teachers began phasing out their work-to-rule campaign on Monday, the head of the Nova Scotia Teachers Union said parents should expect a "new normal."

"I would like parents to understand that this is a transition and that things may not be totally back to normal ever, the old normal," Liette Doucet said.

"There will be a new normal, and teachers will be doing as they have always done. They'll be doing the best for their students. They'll be ensuring that their students are successful."

The transition will take place over the next few days and even months, and Doucet said there will be priorities.

This week teachers will immediately begin making site visits for co-op and O2 students so those students can begin their job placements.

Student teachers will also begin their placements in classrooms across the province, and high school exams are starting this week.

While teachers will be required to input the exam mark and the final mark for students, they won't have to write comments or fill in the assignment and test marks from the past six week period when work-to-rule was in place.

"The rest will be phased in just according to the timing of things, according to what can wait and what has to be done right away," she said.

"It'll be phased in over the next few days, even the (next) few months. And I'm not sure how long until everything has been phased back in."

Teachers will vote on Feb. 8 whether to accept or reject the tentative agreement their union reached with the provincial government on Friday.



Jen McGrath,
manager of
Lolë Atelier
Halifax on Spring
Garden Road.
JEFF HARPER/METRO

CRASHING IN

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Haircut house calls

ENTREPRENEURSHIP

Cribcut brings barbershop into Halifax homes, offices



Haley Ryan
Metro | Halifax

Jenna McDonald's workplace changes everyday, while the people who come into it are often right at home.

McDonald, a professional barber for 10 years, visits people in their homes and offices across HRM with the Cribcut mobile barbershop service that launched a few months ago.

"It's nice working in other environments and meeting a whole bunch of different other types of people. When you work in one shop, it's one type of person that's coming in from that area," McDonald said Monday.

Monday afternoon saw McDonald drop into a Halifax insurance office for some employees to get their bi-weekly haircut, beard trims, and neck shaves, finished off with a hot towel, without stepping foot outside, she said.

The mobile model attracted her because there's no traditional chair rental fee, McDonald said, which cuts down on the overhead costs and allows her to bring in more on commission and tips.

Although she's working on her own, rather than having colleagues around, McDonald said she doesn't miss the shop atmosphere since usually "you're



Jenna McDonald has been a professional barber for 10 years. McDonald said a lot of her clientele so far has been businessmen and office workers. JEFF HARPER/METRO

so busy you're just talking to the clients anyway."

So far the clientele has been a lot of businessmen, lawyers, office groups and other people who don't want to head to a barbershop where they might have to wait for an hour, McDonald said, since many only accept walk-ins.

It was the frustration of not wanting to lose time out of your day that led Cribcut founder and

entrepreneur David Howe to launch the business this past fall, he said.

While they don't yet have clients with mobility issues, the MSVU grad said that's someone he could see finding "a lot of value" in the service.

The hours are 8 a.m. to 8 p.m., and you can book your appointment an hour ahead of time, while payments are all done through credit card — almost

like an Uber haircut.

Although some have asked about women's haircuts, Howe said they're going to stick with barber services only, but might add a couple more employees this year.

"I believe that you have to be really, really focused as a business so it would be hard to branch out," Howe said, adding he'd eventually like to bring Cribcut into different cities.

IMMIGRATION

Visa mix-up: Refugee stopped at U.S. border

A Syrian refugee whose family has established a thriving chocolate-making business in northern Nova Scotia says U.S. border officials prevented him from entering the United States on the weekend because he didn't have a visa, as required by law.

Tareq Hadhad was on his way to Vermont on Sunday, when he was stopped at the Quebec-Vermont border.

He said he had been invited to speak with the governor of Vermont, and was also planning to speak at a local school and a radio station about his family's successful business, Peace by Chocolate, in Antigonish.

He thought the governor's invitation would be all he needed to cross the border, but he soon learned that most permanent residents of Canada require a visa and a passport to enter the United States.

American border officials worked diligently for two hours to get him into Vermont, and even called the governor — but they couldn't find a way around the rules, he said.

"They offered every help they could to get me into the United States," he said Monday in an interview from Antigonish.

"They said, 'You have a

great story to tell, and you're meeting with the governor is so important ... They worked really hard, and they said, 'You are welcome to come to the United States any time.'"

Hadhad said he plans to resume the trip once his papers are in order.

"It was disappointing in the beginning. Now, I realize, there is always a positive side."

Hadhad, a biology student at St. Francis Xavier University in Antigonish, said he has

friends in Vermont who encouraged him to visit, and he confirmed that Vermont Gov. Phil Scott heard about his family's story and extended an invitation for a discussion about how newcomers

can contribute to their community.

"He had been following our story," he said.

The family had long operated a chocolate factory in Damascus when it was destroyed by a missile in 2012 during the country's ongoing civil war. The Hadhads fled to Lebanon, where they stayed until leaving for Canada in December 2015.

"We didn't face any serious challenges in Antigonish because of the way the community embraced us," he said, adding that the chocolate business run by his father is ready to expand. THE CANADIAN PRESS



It was disappointing in the beginning. Now, I realize, there is always a positive side.

Tareq Hadhad

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FESTIVAL

Contest open to all gender identities

A Nova Scotia festival that has crowned a queen for more than 80 years is opening up the competition to people of all genders and gender identities.

The Annapolis Valley Apple Blossom Festival has removed long-standing restrictions and will now accept all male and female candidates as long as they have graduated from high school or an equivalent program and are between 18 and 23 years old.

Alxys Chamberlain, the festival's vice-president, said Monday that includes transgender candidates.

"To my knowledge, we have



A past float in the Apple Blossom Festival. CONTRIBUTED

not (previously) had a candidate who identifies as transgender," Chamberlain said.

Organizers say they are reaching out to a wider group of people and wanted to make the event more inclusive by removing barriers that once prevented women with children or who had been married from participating. Candidates also had to be single during their reign and could not be pregnant.

"These changes will be beneficial in promoting inclusion within the entire Annapolis Valley," Chamberlain said in a statement. "This will allow new leaders to come forward and be ambassadors for their communities."

Chamberlain said the new rules mean the winner of the leadership competition would be dubbed Queen Annapolis or just Annapolis, if both men and women compete. She says if all of the candidates identify as male, the awarded title would be King Annapolis.

THE CANADIAN PRESS

LABOUR

Herald workers mark one year on strike

The union representing striking workers at the Halifax Chronicle Herald held rallies throughout Nova Scotia Monday to mark the one-year anniversary of the labour dispute.

The Halifax Typographical Union, which went on strike last Jan. 23, is holding pickets and rallies in various locations.

Sixty-one newsroom staff walked off the job over a contract that included wage roll-backs and other cuts.

The company announced last week that an unfair labour practice complaint against it was adjourned and would be heard by the Nova Scotia Labour Board on Feb. 8.

The union said they are seeking to renew negotiations after lawyers from both sides met for informal discussions.

Ian Scott, the Herald's chief operating officer, said the company and the union last met for conciliation on Nov. 4.

THE CANADIAN PRESS

Halifax DIGEST

FOOD

Rootbeer floats landing soon at airport

A new A&W will be opening in the airport food court, the Halifax International Airport Authority (HIAA) announced on Monday. The location is scheduled to open this spring with hours of 6 a.m. – 11:30 p.m., seven days a week, serving breakfast along with their daytime menu.

Also, Hudson News across from Gate 22 closed last week. That retail space will open this spring as Island Beach Company's Nova Scotia Store. HALEY RYAN/METRO

WEATHER

Freezing rain warning issued for Halifax

Parts of Nova Scotia including Halifax have been put under a freezing rain warning as a low-pressure system is set to hit the province.

Freezing rain is expected to track across the province on Tuesday, and last for several hours in some areas before changing to rain. It also says ice build-up could lead to power outages and broken tree branches.

Halifax was also put under a heavy rainfall warning late Monday, with upwards of 50 millimetres possible by Wednesday.

METRO



A rendering of the proposed development at 6345 Coburg Rd. CONTRIBUTED

Developer returns with 'more modest' proposal

CONSTRUCTION

Public get to weigh in on Coburg Road building



Zane Woodford
Metro | Halifax

Haligonians have a chance to have their say on a proposed five-storey development on Coburg Road at Tuesday's regional council meeting.

A public hearing is scheduled for 6 p.m. in front of

Halifax regional council on the proposal from WM Fares for 6345 Coburg Rd., at the corner of Coburg and Larch streets across from the University of King's College.

The proposal for a 28-unit residential building — comprised of 10 two-bedroom, 13 one-bedroom and five studio units — doesn't fit the municipality's current planning bylaws. Municipal staff recommends council amend the bylaws to allow the development, citing the Centre Plan's higher order residential classification for the area, according to a staff report from November.

Area Coun. Wayne Mason said he's not sure the Centre Plan, which remains a work in progress, is still calling for more height in this area. He said some of the abutting property owners have concerns, and he expects them to come to the meeting.

"It's always hard to define the interface between a resi-

Originally it was going to be much bigger.

Coun. Wayne Mason

dential neighbourhood, because immediately behind there on Lilac and Payzant street it's single family homes and small multis, so there are concerns," he said.

Mason said the development has changed "considerably" since a public meeting held in December 2015, including a switch to recessed balconies and a fifth storey step-back.

"They got a lot of pushback from residents and planning. Originally it was going to be much bigger," he said. "It's a much more modest proposal, so it'll be interesting to see what the public has to say."

BUDGET

Board approves more money for police

Next year's Halifax Regional Police budget got the green light at the municipality's Board of Police Commissioners on Monday.

After three presentations to the board and changes made at its request, the budget saw an increase of \$639,600 over last year — to \$77,604,300. The board's recommendation will come to regional council's committee of the whole in February for final approval.

"I think this is a very realistic budget that looks toward the future, understanding our



This is a very realistic budget that looks toward the future.

Board chair and Deputy Mayor Steve Craig

current constraints as well," said board chair and Deputy Mayor Steve Craig.

Coun. Wayne Mason made the requests for most of the changes to the budget, and said he believes council will support the recommendation.

"Keeping the operating costs of a \$78 million organization only growing \$600,000 one

year to the next, and including all those service enhancements and accounting changes ... that's great," he said.

While it wasn't the \$1.3 million increase he was looking for originally, Chief Jean-Michel Blais said he was still happy with the budget, and especially the creation of a new position: a health and wellness

coordinator for the force.

He told the board on Monday that the new position, worth \$91,600, could reduce health-related absences by 10 per cent — creating savings of \$150,000.

But more important than the monetary value, Blais said the position, with an emphasis on mental health care, would result in improved morale, performance and resilience among officers.

"I look at this as being a legacy piece for me," Blais said.

ZANE WOODFORD/METRO

Lolë puts positive spin on storefront accident

RETAIL

Taxi crash inspires staff to host 'door crusher' sale



Yvette d'Entremont
Metro | Halifax

When life puts a taxi through your storefront window, you make the most of it.

That was Lolë Halifax manager Jen McGrath's thinking when she decided to host a "door crusher sale" after a taxi ended up in the store on Friday night.

No one on the street or inside the store was injured. The driver was also fine.

"It was about 7:30 p.m. on Friday and a cab driver going south down Dresden was turning right into Spring Garden," McGrath said in an interview Monday.

"A pedestrian (was crossing) and he didn't see her and had to swerve to avoid her and over-corrected and lost control of the car. He's fine and he actually just stopped by to make sure everybody was fine and to apologize. It was really sweet."

McGrath said they lost "a lot" of merchandise when the taxi crashed through the front picture window, including clothing and yoga mats that are now embedded with glass.

"The mannequins didn't make it. It was like a zombie



Jen McGrath, manager of Lolë Atelier Halifax on Spring Garden Road, touches up the display on Monday. JEFF HARPER/METRO

movie with pieces of them inside and outside the store," she said.

The idea to host a "door crusher" sale came about when staff was brainstorming the day after the incident.

"It just came out. We also considered calling it a garage sale or 'no parking, cab stand only,' sale," she said.

"What's really fortunate is because it is a taxi stand out there, it's normally full of cars. There just happened to be nobody parked out there when it happened. It could have been a lot worse."

Throughout the day Mon-

day customers and others were popping in to say hello and check to see if Lolë was open.

McGrath expects the storefront window to be fixed within the next few days.

"Come visit. We are open. Don't let the plywood scare you," she joked.

+ DETAILS

The activewear retailer's impromptu sale is set to run through Jan. 29.

METRO



The accident scene Friday night at Lolë. @ZOOEY5680/TWITTER

COURTS

A 'huge step' for diversity

Nova Scotia has appointed the first Mi'kmaq woman and the third black woman to the provincial and family courts, in what the province's premier calls a "huge step forward" for ethnic diversity on the bench.

Legal aid lawyer Catherine Benton becomes only the third aboriginal judge in Nova Scotia, while Ronda van der Hoek, a public prosecutor, joins two other black women — Corinne Sparks and Jean Whalen — among the 73 full-time judges in the province.

Premier Stephen McNeil said in an interview the two new judges will provide added perspectives from the black and indigenous population in a court system that needs to reflect the makeup of the general population.

"I believe this is a huge step forward. They have had distinguished careers in making sure minority voices are being heard, that Mi'kmaq rights are being protected, and their cultures will be reflected in the decisions they make," he said.

Benton is well known within legal circles as an advocate for racial and ethnic diversity in the courts, having pushed from the earliest days of her career for a stronger role for indigenous lawyers in the court system.

She worked as a researcher with the Union of Nova Scotia Indians and the Mi'kmaq Grand Council before getting her law degree from Dalhousie in 1993.

Van der Hoek, from Windsor, has practised law for 19 years and also worked with Nova Scotia Legal Aid in Windsor and Halifax after graduating from Dalhousie Law School.

THE CANADIAN PRESS

WILDLIFE

Park raising funds for orphaned black bear cub



Mike Timmons, park attendant at Two Rivers Wildlife Park, gets a literal bear hug from Little Bear at the park. TC MEDIA

An orphaned black bear cub found wandering alone and pneumonia-stricken on a Cape Breton highway has been nursed back to health.

The one-year-old cub, dubbed Little Bear, was found near Whycocomagh, N.S., last May, weighing only seven pounds.

Two local men brought it into Two Rivers Wildlife Park, and although the cub is undersized, it has made a full recovery, park employee Mike Timmons said Monday.

It has outgrown its 150-square-metre pen, but Timmons said it can't be released to the wild: "He's just

too used to humans."

The non-profit, private park — which also has cougar, moose, skunks and other wildlife — already has two adult bears, but Little Bear can't share their quarters, said Timmons.

"They're a pair, right? So that wouldn't go very good with the big male," said Timmons.

Staff at the park are now fundraising for a much larger pen, complete with pool. They hope to raise \$40,000,

and have organized various fundraisers, including a fire-hall dance, and are seeking donations.

Although other staff members have reported said they were fearful they might have to put Little Bear down if they can't build him a proper cage, Timmons said

Monday that's "definitely not going to happen."

"He's here no matter what," he said.

THE CANADIAN PRESS



Catherine Benton has been named the province's third aboriginal judge. HANDOUT

Uber and Airbnb bring privacy issues

TECHNOLOGY

Watchdog looks into complaints around sharing economy

The federal privacy watchdog is looking into complaints against so-called "sharing economy" companies for the first time, Torstar has learned.

In documents obtained under access-to-information law, privacy commissioner Daniel Therrien's office suggested sharing-economy companies such as Uber and Airbnb are creating a "growing risk" to Canadians' private information.

The key question, according to the documents, is who ultimately controls extremely sensitive personal information such as location data and financial information.

"In the sharing economy, certain personal information — going well beyond that traditionally needed for reserving lodging and hailing taxis — is collected to establish identity and trust," the documents read.

"It is of great concern what might happen with (personal information) in the sharing economy in the event of a breach, especially given lack of clarity regarding accountability."

In other words, unlike hail-



Reports in 2014 revealed that Uber had the ability to track users' movements in real time. TORSTAR NEWS SERVICE FILE

ing a cab or booking a hotel room, some sharing-economy apps compile massive amounts of data on their users. A ride-sharing app can know where you usually travel — your work, your house, a favourite restaurant — and when you usually go there.

Therrien's office confirmed earlier this month they have

now received a number of complaints about sharing economy companies potentially violating Canadians' privacy.

"I can tell you that we are still in the early stages of looking at this issue," Tobi Cohen, a spokesperson for Therrien, wrote in an email.

"I can, however, confirm

PAST CASES

Uber has run into its fair share of privacy concerns south of the border.

A December 2016 report from the Centre for Investigative Reporting suggested employees at the "ride-booking" company could track the movement of ex-spouses, celebrities and politicians.

In 2014, reports revealed the company had a "God View" of their service, which could track users' movements in real time.

that we have received several complaints tied to the sharing economy."

Cohen said the office would not go into any detail about the complaints, due to confidentiality provisions.

Torstar reached out to Uber and Airbnb, two companies considered standard bearers for the sharing economy. Uber Canada spokeswoman Susie Heath said the company "(doesn't) have anything to add" to the issue. Repeated requests to Airbnb were not returned.

TORSTAR NEWS SERVICE



Edmonton driver Stefan Rzdziński. KEVIN MAIMANN/METRO

Edmonton speed racer belongs with the pros

Kevin Maimann
Metro | Edmonton

Four sleepless days on a cell-phone put Edmonton racecar driver Stefan Rzdziński on track for the race of his dreams.

Rzdziński took on the world's top drivers at the Race of Champions Nations Cup in Miami over the weekend — after gathering nearly 10,000 online votes to get there. What's more incredible is that he won two out of three heats, which included superstar and 2016 Indianapolis 500 winner Alexander Rossi.

"The first couple days, it was pretty cool hanging out with all those guys. A lot of them are my heroes," Rzdziński said. "But then on Sunday it was my one chance to do my thing and just prove I could do what I knew I could and what I've been preparing for my whole life."

Just a few weeks ago, the 24-year-old never thought he'd ever do something like this.

He said he was sitting in his office at work when he got word that he was one of 10 North American finalists, and that the one who could drum up the most online votes would go to Miami.

"I didn't sleep. I contacted everybody I knew. I personally messaged every single person in my phone," Rzdziński said.

"Once we had enough initial people who were sharing it and trying to get on board, it kind of took on a life of its own."

Soon, Edmonton Mayor Don Iveson, Calgary Mayor Naheed Nenshi and Alberta Premier Rachel Notley were on board.

In the end, he got more than 9,300 votes.

"I could write a book about those four-and-a-half days alone," he said.

"I definitely learned a lot and I'm just so thankful for them that they got me here."

Art explores treatment of Indigenous peoples in Canada

With celebrations underway for Canada's sesquicentennial, Kent Monkman is focusing a critical lens on the country's treatment of Indigenous peoples over the last 150 years.

Monkman, who is of Cree ancestry, was approached more than two years ago by University of Toronto Art Centre director Barbara Fisher to create an exhibition reflective of the Indigenous experience during that period.

The Winnipeg-raised artist realized that that stretch of time extended back to the mid-19th century and ran parallel to the modern art period. Monkman looked to explore the representation — or lack thereof — of Canada's Indigenous peoples and their stories in museums.

"I grew up going to museums like the Manitoba Museum, and some of my work reflects on how museums represent Indigenous people as static cultures with dioramas

kind of frozen in time."

"Shame and Prejudice: A Story of Resilience" opens Wednesday at the Art Museum of the University of Toronto before embarking on a three-year tour of galleries across Canada. The title is a play on Jane Austen's classic novel *Pride and Prejudice*, with Monkman's time-travelling alter ego, Miss Chief, acting as narrator.

"I sort of saw her in this period of our history as being like the Bennet sisters in the Austen novel who are trying to marry well or improve their lot in life," said Monkman. "Miss Chief narrates this entire exhibition through her voice as if she's trying to improve not only her life but the lives of her community."

"The last 150 years have been very harsh to Indigenous people," he added. "I wanted to have a strong title that Canadians could reflect on as they're celebrating the birthday of this country, (that)

they're really thinking about what happened to Indigenous people in this last 150 years."

Several works are also drawn from Monkman's "Urban Res" series that speak to the experience of Indigenous people living in cities, where a large percentage now reside.

"Modernity was a period of fracturing off from traditional approaches and various traditions, and when those values of rejecting tradition applied to Indigenous people in North America, they had a devastating effect," said Monkman.

"Indigenous people weren't looking to lose their traditions or languages, yet this is what happened through various policies of the Canadian government, residential schools and so forth. So the fact that I'm showing Indigenous people living in cities, it's to refute this idea that Indigenous people don't exist in the present."

THE CANADIAN PRESS



Cree artist Kent Monkman's new exhibition is called *Shame and Prejudice: A Story of Resilience*. NATHAN DENETTE/THE CANADIAN PRESS



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ITALY

Questions linger after avalanche

Italian emergency crews pulled three wiggling, white sheepdog puppies out Monday from under tons of snow and rubble at an avalanche-struck hotel, lifting spirits even as the search for 22 people still missing dragged on five days after the disaster.

One more body was located, raising the death toll to seven, and the first survivors of the avalanche were released from the hospital. Questions intensified, however, into whether Italian authorities underestimated the risks facing the snowbound resort in the hours before the deadly avalanche.

Five days after up to 60,000 tons of snow, rocks and uprooted trees plowed into the Hotel Rigopiano in central Italy, rescue crews were still digging by hand or with shovels and chainsaws in hopes of finding more survivors. An excavator reached the site, northeast of Rome, to speed up the search.

The discovery of the three Abruzzo sheepdog puppies in the boiler room raised spirits, even as rescuers located a seventh body.

Jubilant emergency crews carried the pups out in their arms, with one firefighter burying his face in the fluffy white fur to give the dog a kiss. The puppies were born last month to the hotel's resident sheepdogs, Nuvola and Lupo, and were prominently featured on the hotel's Facebook page. Their parents had found their own way out after the Wednesday afternoon avalanche.

Firefighter spokesman Luca Cari, however, stressed that the puppies were found in an isolated part of the hotel and didn't necessarily signal any new hope for finding human survivors.

THE ASSOCIATED PRESS

New presidency threatens multiple trade agreements

TRANS-PACIFIC PARTNERSHIP

U.S. pulled out of 12-country Pacific Rim deal

Setting itself apart from a never-say-die Japan, Canada resigned itself to the death of the Trans-Pacific Partnership on Monday after President Donald Trump made good on his promise to pull the United States out of the trade pact.

Trump called getting out of the TPP "a great thing for the American workers" as he signed an executive order formally removing the U.S. from the controversial 12-country Pacific Rim deal.

There was no immediate comment from Prime Minister Justin Trudeau or Foreign Affairs Minister Chrystia

Freeland, who are in Calgary for a two-day cabinet retreat where how best to deal with the Trump team is the main preoccupation.

Canada had been taking a wait-and-see approach to the TPP, with the Liberal government launching a sweeping consultation that appeared

“A TPP without the U.S. would be incredibly difficult.” Yoshihide Suga

designed to postpone a decision until the U.S. resolved the question of whether or not to take part.

Asked whether the government believes the deal can be salvaged, Freeland spokesman Alex Lawrence would only say: "The agreement cannot enter into force without the United States."

Japan, however, continued

to cling to the hope that there was room to salvage the deal by changing Trump's mind.

"A TPP without the U.S. would be incredibly difficult, but we do have a window until 2018, when the treaty needs to be ratified," Yoshihide Suga, a top adviser to Japanese Prime Minister Shinzo Abe, told

American broadcaster CNBC.

"We believe we still have an opportunity to convince the U.S. about the importance of free trade."

Abe has personally met Trump to push the merits of the deal. Japan has also urged fellow TPP countries, including Canada, to push Trump to reconsider.

THE CANADIAN PRESS

NAFTA's fate unclear

Prime Minister Justin Trudeau will meet the new U.S. president within the next several weeks, as the incoming American administration talks to its northern and southern neighbours about a revised North American Free Trade Agreement.

A spokesman for Donald Trump confirmed the upcoming discussions as he held his first daily White House briefing Monday and took questions on trade, counter-terrorism and a dispute over him making misleading statements.

The first NAFTA talks could take place in the U.S., Sean Spicer suggested. He appeared to indicate the leaders would visit Trump. However, in

Canada, several officials said specifics of a meeting had yet to be nailed down.

Spicer said the meetings would happen soon: "Over the next 30 days or so."

The Canadian government heard a reassuring message in Calgary. A presidential adviser attended a federal cabinet retreat to say Canada need not be "enormously worried" about trade. Stephen Schwarzman, who leads the president's Strategic and Policy Forum, said the new administration had an "unusually positive" view of Canada.

"There may be some modifications, but basically things should go well for Canada," said Schwarzman.

THE CANADIAN PRESS



U.S. President Donald Trump gestures in the Oval Office on Monday at the White House.

AFP/GETTY IMAGES

NIGERIA

Hundreds dead at camp bombed by air force

The death toll from the bombing of a refugee camp by Nigeria's air force has climbed to 236, a local official said Monday — a sharp increase from earlier counts. A total of 234 victims were buried in Rann, where the camp is located, while two others died after being evacuated to Maiduguri for medical care, said Babagana Malarima, chairman of the Kala Balge local government council of northeast Borno state. On Jan. 17, Nigeria's air force bombed the camp housing Boko Haram refugees near the Cameroon border.

THE ASSOCIATED PRESS

TRUMP ADMINISTRATION DIGEST DAY 4

Trump moves to pull plug on federal hiring, international abortion funds

President Donald Trump signed memorandums freezing most federal government hiring — though he noted an exception for the military — and reinstating a ban on providing federal money to international groups that perform abortions or provide information on the option. The regulation, known as the "Mexico City Policy," has been a political volleyball,

instituted by Republican administrations and rescinded by Democratic ones since 1984.

Senate debates CIA pick

The Senate on Monday debated whether to confirm Trump's pick to run the CIA, as Democrats raised questions about whether he is transparent in his beliefs about Russia's meddling in the U.S. election and how he feels about torture.

Senate Republicans had hoped to vote on Rep. Mike Pompeo's nomination Friday,

after Trump's inauguration. But Democrats succeeded in stalling action until they could debate. Sens. Ron Wyden of Oregon, Richard Blumenthal of Connecticut and Patrick Leahy of Vermont objected to what they said was a "rushed confirmation" and demanded more time.

'SNL' writer suspended for tweet about Barron Trump

"Saturday Night Live" writer has been suspended indefinitely after tweeting a poorly received joke

about Trump's 10-year-old youngest son, Barron.

A source not authorized to speak publicly said that Katie Rich was suspended after writing an offensive tweet about the child. An outcry on social media followed, with many calling for a boycott of the show.

'Net neutrality' foe Ajit Pai is new FCC head

Trump has picked a fierce critic of the Obama-era "net neutrality" rules to be chief regulator of the nation's airwaves and

internet connections.

In a statement Monday, Ajit Pai said he was grateful to the president for choosing him as the next chairman of the Federal Communications Commission. Several reports last week had said he was the pick.

Pai had been one of the two Republican commissioners on a five-member panel that regulates the country's communications infrastructure.

THE ASSOCIATED PRESS



SHUTTLE SERVICE PARIS TESTS DRIVERLESS BUSES Officials in Paris are experimenting with a self-driving shuttle linking two train stations in the French capital. Two electric-power EZ10 minibuses were put into service Monday and will be tested until early April between the Lyon and Austerlitz stations. The GPS-guided vehicles, which can carry up to six seated passengers, are free and will be running seven days a week.

PHOTO AFP/GETTY IMAGES; TEXT THE ASSOCIATED PRESS

Oil pipeline breach leaks 200,000 litres

SASKATCHEWAN

Cleanup effort recovers about 170,000 litres

About 200,000 litres of crude oil has been spilled onto agricultural land in southeastern Saskatchewan after a pipeline leak.

The spill was detected Friday at a site 10 kilometres north of Stoughton in a low-lying area with a frozen slough.

Doug MacKnight, assistant deputy minister of Economy, says about 170,000 litres have been recovered so far.

"They'll be removing cover, vacuuming up the oil and then eventually excavating the contaminated soils and taking them away for disposal," MacKnight said late Monday afternoon.

MacKnight says the oil is not entering any creeks or streams.

"Right now, that's the evidence on the ground, yes indeed. But, you know, until all the work's done we won't know a 100 per cent, but right now it

looks like it's been contained to the low area where the oil was discovered," he said.

MacKnight says the government was notified about the spill on Friday, but details were only made public Monday when the volume of the spill became clear.

The land is part of the Ocean Man First Nation.

The Economy Ministry's petroleum and natural gas division will oversee cleanup and pipeline repairs. MacKnight says the province has sent a pipeline engineer to the site, but it will take some time to determine the cause of the spill.

"The excavation, they expect to start on Wednesday to find the damaged pipe," he said.

Tundra Energy Marketing is handling the cleanup, but MacKnight says there are several pipelines in the area and could not confirm that Tundra owns the pipeline that leaked.

"If it turns out it's somebody else's pipe, we'll deal with it at that time," said MacKnight.

THE CANADIAN PRESS

+ HUSKY ENERGY

Last July, a leak in a Husky Energy pipeline near Maidstone, Sask., jeopardized the drinking water of thousands of people.

About 225,000 litres of oil was spilled and about 40 per cent made it into the North Saskatchewan River.

The cities of North Battleford, Prince Albert and Melfort were forced to shut their intakes from the river and find other water sources for almost two months.

Husky's report into the spill said shifting ground was to blame for the pipeline burst.

The company said it recovered about 210,000 litres of oil spilled before it wrapped up shoreline cleanup efforts in October.

HOUSING

Vancouver: world's third least affordable city, survey finds

An annual international survey rates Vancouver as the third least affordable housing market on the planet and it also has a warning about Toronto housing.

The 2017 Demographia International Housing Affordability Survey gives Vancouver a rating of 11.8, meaning median home prices are 11.8 times higher

than median household income. Only Hong Kong, with a rating of 18.1, and Sydney, Australia, at 12.2, outstrip Vancouver.

Demographia says housing markets are affordable when median prices are no more than three times higher than median household income.

The 2017 survey ranks 406

markets in nine nations and puts Toronto at 28th on the list with a ranking of 7.7.

Demographia says Toronto posted a year-on-year home-price increase equal to a year of household income and it says soaring house prices will undermine the city's recent best-city rating from The Economist In-

telligence Unit.

Other cities on the top 10 list include Auckland, where prices are 10 times above median income, followed by San Jose, Calif., Melbourne, Honolulu, Los Angeles, San Francisco and the southwestern England region of Bournemouth and Dorset.

THE CANADIAN PRESS

TOP 10 most unaffordable cities

- | | |
|-------------------------|-------------------------------------|
| 1. Hong Kong, 18.1 | 6. Melbourne, Aust. 9.5 |
| 2. Sydney, Aust., 12.2 | 7. Honolulu, Hawaii 9.4 |
| 3. Vancouver, 11.8 | 8. Los Angeles, 9.3 |
| 4. Auckland, N.Z., 10.0 | 9. San Francisco, 9.2 |
| 5. San Jose, Calif. 9.6 | 10. Bournemouth & Dorset, U.K., 8.9 |

TECHNOLOGY

Zuckerberg charity buys Canadian tech company

A philanthropic organization set up by Facebook founder Mark Zuckerberg and his wife Priscilla Chan has signed a deal to acquire Toronto tech company Meta. Financial terms of the deal were not immediately available.

Zuckerberg and Chan set up the Chan Zuckerberg Initiative in 2015. Meta uses artificial intelligence to help researchers keep on top of scientific papers.

Venture capital firm iGan Partners, an early Meta backer, says the initiative and Meta are committed to offering these tools for free to all researchers.

THE CANADIAN PRESS

BRITISH COLUMBIA

Book shops, barbers can now serve liquor

From book stores to barber shops, businesses across British Columbia can now ask the provincial government for permission to serve liquor.

Under new legislation that came into effect Monday, any business can now apply for a liquor licence, unless it caters primarily to minors and or is based inside a motor vehicle.

A barber shop in Vancouver's trendy Gastown neighbourhood is among businesses planning to capitalize on the new rules. "It's a nice service that we would be able to offer our clients as a compliment to either a haircut or a shave," said Jeff Compeau, a barber at Victory.

John Yap, B.C.'s parliamentary secretary for liquor review policy, said the new rules mod-

+ NOT THE FIRST

B.C. isn't the first province to relax its liquor laws. Rules allowing non-food and alcohol businesses to serve alcohol in Ontario changed in 2011.

ernize "antiquated liquor laws" where only food and beverage and hospitality businesses could apply for a licence.

Other new regulations allow people at golf courses to take their drinks from one service area to another, and hotels to give guests a complimentary check-in drink.

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PLANNING YOUR CAREER IN 2017

Ongoing learning is key for job growth

These days, education doesn't end once you finish school and enter the job market. For people who want to make the most out of their careers, continuing education is a life-long path towards self-improvement.

"I would say more than ever that it's pretty much become a fact that continuing education is expected or demanded in career progression," explained Alan Kearns, career coach and founder of CareerJoy. "You can't afford to let the market drive your career; you have to drive your career in the market."

The pace of an ever-changing job market is also a key motivator for people who want to ensure they stay ahead of the curve.

"It's extremely important to ensure skills and knowledge of your profession is up to date," explained Shirin Khamisa, a career counsellor and founder of Careers by Design Coaching. "There's a fast rate of change with technology and the globalized market."

There's an ancillary benefit — beyond remaining viable in your career — for those



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currently employed continuing to further their education.

"When you're engaged in learning in your career, you are often happier in your work and are doing better," Khamisa said.

Continuing education doesn't necessarily signal that you want to leave your current company or position. In fact, it's fast

becoming an expectation for those entering the job market, and offering continuing education can help organizations attract and retain talent.

"More and more millennials are looking for career development as part of a career package," added Mark Franklin, practice leader and president of CareerCycles, and co-founder

of OneLifeTools. "It doesn't mean you want to leave — you want to grow and develop in the company. For employers, a key strategy for retention is to offer career development in the organization."

Khamisa added that while formal education is important, it's also increasingly valuable for people to explore non-traditional forms of intelligence in their career development.

"These days to perform well and have career longevity you need to develop multiple intelligences, including emotional intelligence," she said, adding that many are exploring courses in self-management — techniques and tools to help manage one's response to a challenge, stress, or a conflict at work.

Continuing education can take the form of formal designations through post-secondary education, organizations, and associations. There are also a number of on-line courses and programs available. And there's also plenty of opportunity to do self-guided learning, exploring blogs, the writing of industry leaders, and reviewing trade publications.

"There is so much opportunity for continuing education — all leading colleges and universities offer programs," Franklin said. "We do live in an era of the internet and very accessible information."

**WHEN YOU'RE ENGAGED
IN LEARNING IN YOUR
CAREER, YOU ARE OFTEN
HAPPIER IN YOUR WORK**

— Shirin Khamisa,
career counsellor



ISTOCK

Working from home harder than it seems

Whether you own a small business or work for a large company, chances are you work from home at least part of the time. The latest Statistic Canada data shows nearly two million of us are working remotely at least once a week, and that number is growing as we learn more about the benefits of telecommuting.

There is often the misconception that working from home is not as serious or demanding as in-person labour, but Dr. Lori LaCivita, director of Walden University's industrial and organizational psychology graduate program, says this is a mistake. "It's actually a lot harder to work remotely — it takes more effort to be effective in this environment. You need to prioritize, triage, and structure your day to be productive."

Whether you're an employee, manager, student or freelancer, you're sure to benefit

from her top three tips for working from home.

1. Communication is key. "Working remotely requires a higher level of communication since you can't pick up on nonverbal cues and don't have the in-person social interactions that office workers have, so virtual workers need to communicate more frequently with managers and in-office employees," says Dr. LaCivita. Communicating helps you feel connected and fights feelings of isolation. Get creative and use technology — instant messaging, conference calls, Skype — whatever gets you collaborating with your team.

2. Be the captain of your own ship. You need to work independently and think through things on your own, as you may not have access to someone who can provide

immediate, real-time guidance. Attending an online university is a great way to prepare for and land a virtual position, because online classes can help you develop the self-direction skills needed for success.

3. Become friends with technology. To be a successful virtual employee, you need to have a good understanding of technology and how to use it properly — if you can't be comfortable with technology, you can't work remotely. Always have a backup plan if technology fails: get a landline and save work in multiple locations. Identify local coffee shops where you can connect online should the power ever go out, or get a mobile hotspot solution like a good cell phone data plan or a wifi connection.

—NEWS CANADA

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Planning your Career in 2017



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Helping people with all abilities find work

For nearly 20 years, TEAM Work Cooperative Ltd. has helped people with all abilities find work.

As a provincial employment service organization, TEAM Work Cooperative has worked with people with disabilities for many years. As a part of the Nova Scotia Works network of employment service delivery, services are now inclusive for all people of all abilities. They've also recently expanded their services to include designated services for women, formally Women's Employment Outreach. Services have also been expanded into the community with an office at the Canada Games Centre open every Thursday from 8:30 a.m. to noon. There is also a

partnership service offered in Hammonds Plains together with Opportunity Place located at the office of Ben Jessome, open from 9 a.m. to noon every Friday.

"They have so many success stories — one of them is Stephanie. She holds bachelor and masters degrees and works as a counselor and writer. She's an aunt, daughter, friend, girlfriend and dog owner. She also happens to be blind."

"I don't want you to feel bad for me, rather respect me and admire me for who I am," Stephanie says. One day she also hopes to be a mother, wife and homeowner.

Matt has always played sports but didn't imagine finding a career out on the field.

"I thought I had only one dream job," he says. "Teaching sign language."

Matt credits TEAM Work with helping him

discover a job as a referee for Soccer NS. He's done so well he won the Referee of the Year award.

"I have found this new passion. I just never thought of this referee position having a big impact on my life."



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HIT THE JOB MARKET RUNNING

Maritime Business College is a pioneer in career training and has a proven track record of helping students succeed.

"We develop new programs to meet the changing needs of industry, and we update our existing programs to ensure that our students are expertly trained," said Dave Maguire, marketing director. "Our graduates enter the workforce trained with the up-to-date skills that they need to excel."

Each program is taught by industry experts and students benefit from their experience. Instructors also leverage their vast network to bring in compelling guest speakers and arrange experiential field trips.

Graduates are ready to hit the job market running.

In addition to their specific programs, students are taught the essential skills of how to market themselves, and how to succeed in the workplace. MBC also offers extensive career services to assist students with their job search.

There are many great programs at MBC, and accounting is just one of them.

"If you love a job with a clear process, have a knack for numbers, and pay great attention to detail, consider a job in accounting," Maguire said. "There are many jobs in bookkeep-



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ing which is the first and most fundamental part of accounting."

Accounting and other programs at MBC have been designed so that students can complete their diploma in 13 months.

"Our students like to finish their diploma in just over a year. They want to get into, or back into, the job market as quickly as possible," Maguire said. For more information visit maritimebusinesscollege.ca.



SPONSORED CONTENT

Looking for a job? Find a career with Admiral instead

There's so much that sets Admiral Insurance apart. Not only is it an international company which has called Halifax home for almost a decade, but it offers employees rewarding, well-rounded careers.

"It is busy and challenging, but quite rewarding," says Victoria Kean who has worked at Admiral for two years. "We play as much as we work. Having fun is actually a priority along with supporting a work-life balance in many ways that most employers don't."

Kean has had her hands in almost every position at Admiral; working with customers, management, and most recently as a trainer.

"This was such a great experience as it allowed me to work with all staff on a regular basis and get to know everyone. Really I am the jack of all trades."

Admiral offers so much, that's why it's such a great place to work. Here you'll find development opportunities as 100 per cent of promotions are from within, financial assistance for furthering education, plus international opportunities as Admiral employs over 8,000 people world wide.

Employees can choose up to two books a month that Admiral will purchase to help them develop in their roles, plus there are on-line

training programs and high-performing employees receive awards.

The family atmosphere and work-life balance you'll find at Admiral makes it even better.

"My coworkers have become my friends and my family," Kean says. "We support each other within the business and even outside the business on our personal time."

She added she never dreads coming to the office like in other jobs.

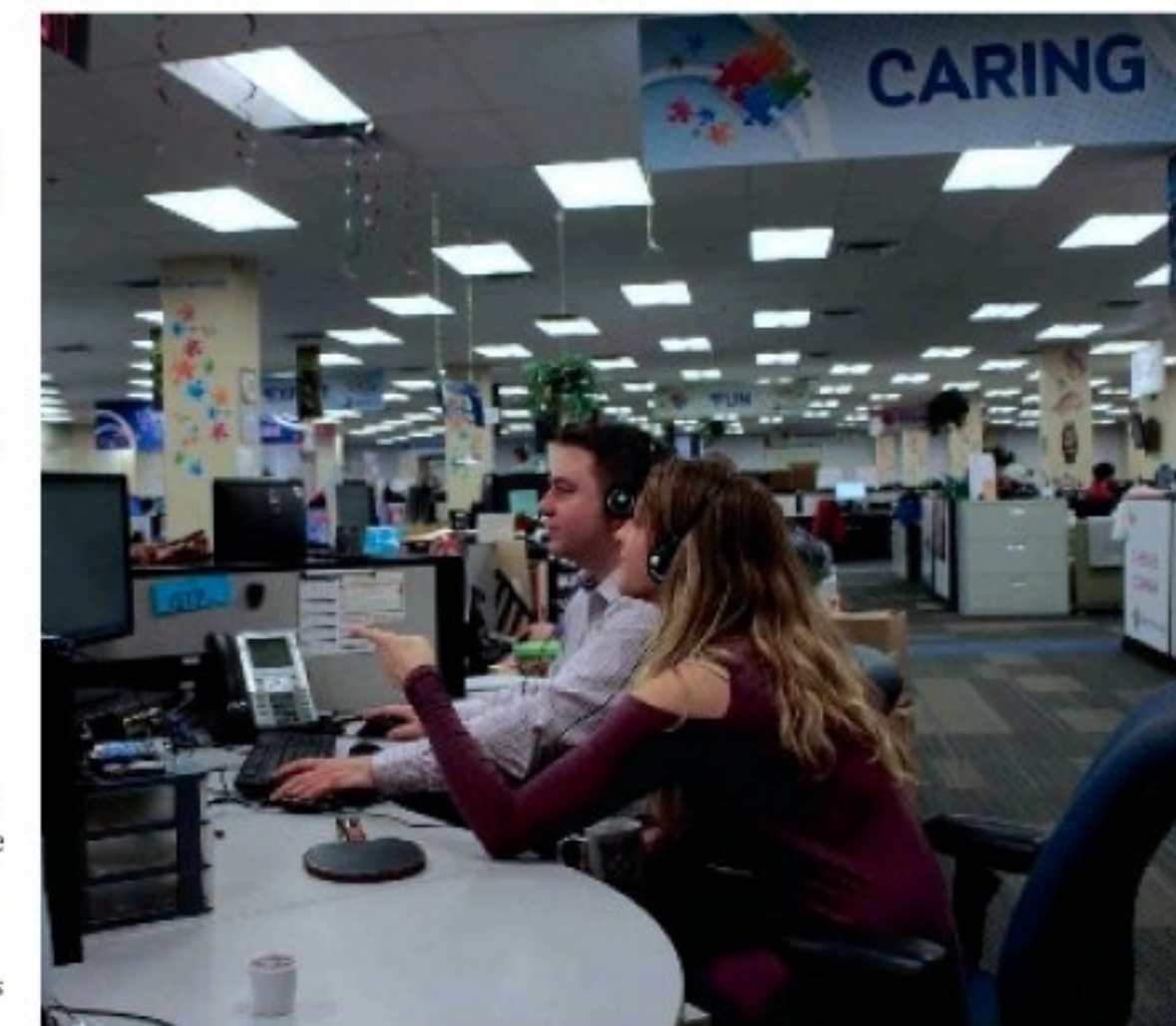
Yoga and massage therapists on site? At Admiral they are. Employees also take advantage of getting hair cuts at work.

There are no late shifts either — all shifts end by 6:15 p.m. and weekends are shared evenly. As for vacation: enjoy five weeks paid time off.

Kean said her three favourite things about working at Admiral are the paychecks and employee incentives, her amazing co-workers, and the great social events.

"I even got to tag along with my spouse who was nominated for an award and traveled to the U.K. to visit the Cardiff office for a week — all paid for," she says.

Check out Admiral's web site, joinadmiral.ca, to keep an eye on employment opportunities and sign up for job alert notifications.



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PLANNING YOUR CAREER IN 2017

A career that you can be passionate about

Success College is all about passion and pride. They provide career training in industries that make a difference like criminal justice and the legal industry, which includes everything from paralegal to law enforcement.

"You need financial security but, even more important, you want a career that you can be passionate about," says Dave Maguire, marketing director. "You want to take pride in what you do and you want to make a difference."

Explore careers in counseling, child youth care, law enforcement, medical administration, and many more. Success College will prepare you for any of those careers. Their graduates pursue satisfying, rewarding careers which impact their lives and the lives of others.

Paralegals play an important role in today's justice system and work closely with lawyers, prosecutors and public defenders and serve as valued members of a legal team.

Students spend eight weeks working in at a law firm or legal institution to gain practical



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experience and many students are eventually hired by the firm which trains them.

"Practical, hands-on training is the only way to go. It is the best way to fully prepare a student for the career that they are about to start," Maguire says.

Every program is taught by industry experts, and students benefit directly from the breadth and depth of their experience. The curriculum is developed for students finish a two-year program in just 60 weeks.

Visit our website to learn more about the at successcollege.ca

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The flooring program at the Carpenter Millwright College (CMC) is a 16-week program which includes a month-long work term. It's an ideal trade for people who prefer to work indoors and are not comfortable at heights.

"Trained installers are in high demand all across Nova Scotia and this program is the very training required," says Bev Young, director at the Carpenter Millwright College. "We developed this program in consultation with the Atlantic Flooring Association who also assist us in placing our students with employers. In fact, the first class we graduated from this program were all hired for work within two weeks of graduation."

The program covers all floor surfaces and gives students the right skills to work in the flooring industry. The four-week work placement connects them to employers and job opportunities.

"Many people don't realize that this is a Red Seal Designated Trade and this is a step towards achieving that distinction."

With a maximum class-size ratio of 15:1, students get a lot of one-on-one attention and spend about 30 per cent of their time in the classroom and 70 per cent doing install



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on mock-ups and actual rooms. CMC believes students learn by doing.

The CMC is a registered private career college with the Department of Labour and Advanced Learning, meaning the programs are eligible for student loans. The college also provides training to meet occupational health and safety regulations needed for job sites, such as fall protection, confined space and WHMIS, as well as specialized and customized programs. CMC also offers carpentry, scaffold, formwork and drywall training.

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WELL TRAINED. WORK READY.

Hire local talent to build loyalty

Searching for the ideal candidate, many employers cast a wide net to catch the best fish.

Posting a job nationally or internationally requires very little extra effort these days but is it necessary?

With six post-secondary institutions in town and a diverse talent pool throughout HRM, the shop local concept doesn't just apply to veggies.

Steve Sney is the manager of Job Junction, an organization contracted by the province to help people find work.

"A lot of employers tend to think in terms of what's the best I can get for each position," he said. "The benefits of hiring local is you end up generating indirectly, or directly, loyalty among the local population."

By supporting the local economy and the local work force, employers achieve a better standing at least from a PR perspective, he added.

"Depending on your industry, having someone who understands local custom, history and culture, attractions and activities, is an asset to your organization. You get to have a workforce who understands the market."

Andy MacLellan, president of Verb Interactive, said they always make an attempt to hire



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from the local job market.

"This is not simply because there is great talent in the city, but it also boils down to having a sense of pride in our community," he said.

It's about investing in the city, he added, and providing people with the opportunity to become successful as well.

"To us the benefit of hiring locally is knowing you gave someone in a small city like Halifax the opportunity to showcase their talents on a

global level."

Wendy Carroll, a business professor who was named one of Canada's top HR pros of 2016 by the Canadian HR Reporter, said she thinks there is no downside to hiring local.

Graduates typically have already worked in five or six different contexts, they're adaptable and want to stay here, she said.

"I also think people in our region are very open when it comes to working with others

Job hunting shouldn't be passive

Many people who walk through the door of the Job Junction off of Mumford Road look through postings and wait for something to come in, said manager Steve Sney.

But it doesn't have to be that way. Sney said he encourages people first do some inward analysis, to know themselves and what they're capable of doing.

"I personally ask everyone to stop and ask themselves why do I think I can do this job? And then be able to explain this effectively on your resume and cover letter," he said.

And then take the initiative: get out there and network, he said. Find out about companies and discover job opportunities that may not be advertised.

"It violates that rule our moms gave us not to talk to strangers or call people you don't know, but it really is an effective way of looking for work."

in other places. Locally there are some strong advantages to the people who are here and capable," she said.

"One of the biggest challenges in this region is to figure out how to make that match and understand who we have here."

Where aerospace career dreams can soar

PAL Aerospace believes a great business is built by great employees and they want you to join them.

PAL Aerospace is a diversified international aerospace and defense company with over four decades of operations. They are a global leader of airborne intelligence, surveillance and reconnaissance solutions.

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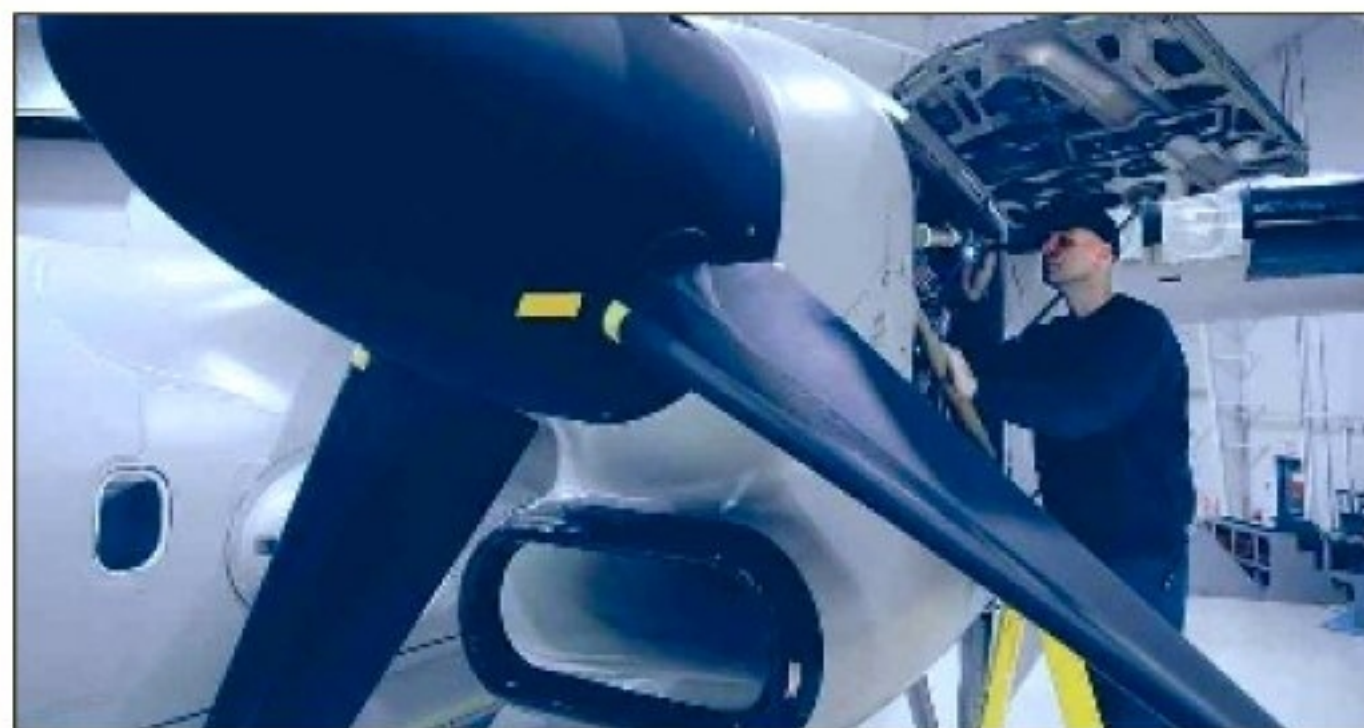
There are many opportunities for employees to grow professionally and personally,



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Coding and business analytics in demand

It only takes a quick look at employment stats to see the vast majority of jobs in this province are firmly in the service sector.

Within that, jobs in health care take up the biggest piece of the pie.

That falls in line with what Steve Sney, manager of the Job Junction in Halifax, sees in job postings throughout the year.

He said it's hard to predict what exactly will be the in-demand jobs coming up in the spring, but perennial favourites are health care and elder care.

"And IT seems to be one that's always in the mix," he said.

Karn Nichols, manager of graduate career services at the Sobey School of Business, helps grads find jobs. These students usually have a masters in finance, business administration, applied economics, and technology, entrepreneurship and innovation.

"What I'm noticing is that there is real



ISTOCK

focus on business analytics — whether that is big data or not — it's a theme for me I've seen in a number of different sectors," she said.

The banks are looking for folks who have

a finance or accounting background but also know how to code, she said.

"Which is really cool because they're looking for ways to utilize the database they have

Employment. By the numbers

Stats Can recently released numbers which show the ups and downs of employment throughout a number of sectors between Dec. 2015 – Dec. 2016. Here are some highlights:

- Overall employment (across all sectors) was up by 0.6 per cent
- Agriculture was down by 20 per cent
- Forestry, fishing, mining, quarrying, oil and gas up 6.5 per cent
- Manufacturing down 10.1 per cent
- Professional, scientific and technical services up 9.3 per cent
- Health care and social assistance up 5.3 per cent
- Public administration up 1.4 per cent

access to and make it more functional by the end user."

Having knowledge of coding is an asset throughout a variety of sectors and is something companies like IBM and Bell are looking for.

"Technology and business analytics are the things I'm hearing more of these days. I find them quite interesting because you're taking a variety of sectors and backgrounds and blending them.

How to keep job interview jitters from jeopardizing your chances

Applying for jobs can be daunting but equally as intimidating is getting that call to come in for a job interview. There are many ways, however, to ensure you are confident before you sit down in front of a potential employer, says one expert.

"The first thing is mindset," says Rachel Newton, a registered therapeutic counsellor who provides career counselling at Life Career Studio. "A lot of people get anxious by thinking the employer has all the power. But if you have the attitude that the interview will be more of a discussion, that can be empowering. The second thing is, be clear about your objective for the interview and the message you want to get across."

To do this, Newton suggests starting interview prep by researching the companies as you send out applications. So, by the time you get the call, you have the foundational knowledge and can focus on potential interview questions and more in-depth research about the person who will be interviewing you.

As part of the pre-interview-call prep,

Newton also suggests having copies of your resume, cover letter and each application printed out and filed away so that you aren't scrambling when you get the call.

"Once you get the call, practice out loud, which makes a difference," she says. "Find whatever rehearsal method you are comfortable with, either using a person or practicing in front of a mirror, and rehearse as much as you can. There are also lots of Youtube interview videos so you can see people in action."

Writing out some questions you may have for the interviewer that you can slip in during the interview or at the end is also helpful, as is making a cheat sheet if you are a person who tends to blank under pressure, says Newton.

"There is nothing wrong with having neatly typed notes in a folder to refer to if you get really nervous," she says. "Keep in mind an emergency phrase in case you blank out such as, 'That's a really good question and I would like to think about it.' That will give you a chance to take some breaths and calm down."



ISTOCK

Don't get caught out. Two interview questions to prep for

Newton says among the most commonly asked questions her clients stumble on during interview prep are:

- "Tell me about yourself." (Have a 30-second elevator pitch ready)
- "Can you explain the gaps in your employment history?" (Use professional terms such as "job transition" to explain)

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Photography by Tanglewood Studios

ROSEMARY WESTWOOD ON MARCHES TO COME



Whatever took you to the streets last weekend must propel you elsewhere. The resistance takes perseverance.

I'll speak for myself, but I doubt I'm alone: Saturday was euphoric. The sheer numbers of marchers, the global solidarity, the creativity, the humour, the anger, the joy.

The rebellion.

I couldn't comprehend the swell of emotion, even as I felt it. I watched the faces pass me by — thousands of faces — and wondered who they were, and where they came from. I loved them all, these strangers in solidarity, who "put their bodies where their beliefs are," to quote Gloria Steinem in Washington.

"The next 1,459 days of the Trump administration will be 1,459 days of resistance," noted the feminist and civil rights activist Angela Davis, to the same crowd.

It cannot, the message was repeated, be only one instance of action. Whatever took you to the streets on a winter morning must propel you elsewhere, in days to come. The resistance, as it has been dubbed, takes perseverance. Even in Canada.

It would be arrogant to think that the forces that brought Donald Trump to power will skip the 49th parallel. They're already here. They're evident in Kelie Leitch and Kevin O'Leary, both vocal supporters of Trump's tactics and campaign. They're evident in The Rebel — Ezra Levant's project — which seeks to be the next Breitbart, one more hub to advance white nationalist views.

Reproductive rights, one

If you do not want this fire to end, don't let it.



Young girls lead hundreds of people at the Women's Memorial March in Vancouver in February 2015. The march, held annually to honour missing and murdered women, is an example of protest actions that newly energized women's-march veterans could consider supporting. THE CANADIAN PRESS

of the loudest cries from protests around the world, are not done and dusted in the True North. There are communities where abortions are still hard to procure, especially remote communities. There are provinces that still enforce far more red tape — costing women time and money — than needed. Now that the abortion pill — Mifegymiso — is finally available, decades after it should have been, women in Canada will still face cumbersome requirements that could make it harder and costlier to get.

The fight to end violence against women remains crucial, here, as everywhere, for women facing abuse from partners, for women facing sexual violence, for women of colour, immigrant women, and Indigenous women.

The fight to bring racial equality to Canada remains, in the Black Lives Matter movement, in Indigenous rights on and off reserve.

The fight against climate change continues to be urgent. As does the need to support women with disabilities, who also face high rates of

sexual violence and many other challenges.

If you're wondering where I got all these talking points from, then perhaps you didn't spend enough time on the Women's March website. It was all there. Before the march, organizers released what was hailed as the most inclusive and progressive agenda many had seen. And in its recognizing that women's rights are entangled with all fights for equality, it almost epitomized intersectional feminism.

The march also declared hundreds of supporting organizations, which represent a plethora of issues. You could — and should — support any one of them, or research organizations in your own city which hold your same views, and put your time, money and body again where your beliefs are.

There is also the no small matter of your elected officials — your city council and mayor, your provincial representation, your member of parliament — who are required to listen to the issues you care about, and who may

respond to the pressure.

Perhaps march organizers could have done more to point the thronging crowds in the direction of future efforts, though some tried. In Toronto, people passed out pamphlets on the fight for a \$15 minimum wage. In Victoria, organizers urged people to attend an upcoming Stolen Sisters Memorial March for missing and murdered Indigenous women and girls.

At the Washington march, activist and actress America Ferrera told the crowd to text "women" to 40649 to be signed up for information on activism to come. Today, the Women's March released 10 actions in 100 days — an agenda for activism to come.

Every person who made the decision to march has my gratitude. But it is also up to each of us to decide what is next.

So if you do not want this fire to end, don't let it.

Rosemary Westwood is a former Metro national columnist. She lives in New Orleans.

Disassembling developer, meet fact-checking newspaper columnist

HALIFAX MATTERS

Tristan Cleveland



Let's play a game: fact check an aggressive developer.

Last week Annapolis Group announced they are suing Halifax for \$119 million, saying they "effectively expropriated" the lands of the proposed future park, Blue Mountain Birch Cove Lakes (behind Bayers Lake).

Their press release makes some pretty extraordinary claims.

"Annapolis has actively tried to negotiate a fair agreement with HRM, consistently attempting to find a reasonable compromise."

Oh boy, where to start? Their development proposal was essentially the same in 2016 as in 2007, so what compromise?

The land-price they put forward was so high Halifax planners believed it might not even be legal to accept it. A Sep. 6 staff report put it succinctly: Annapolis's valuation "does not reflect a willing seller."

Annapolis also writes their lands have been "zoned for development since 2006."

Nope. In fact, most of their land was designated Urban Reserve, a type of "holding zone" regularly used by cities across the country to say, basically, that it's not time to consider land for development. In this case, no development is allowed until at least 2031, if ever.

"Annapolis started working to develop its lands in 2007."

This much is true. They actively started trying to undermine the Regional Plan just one year after it was enacted.

"HRM has been unjustly enriched at the expense of Annapolis."

I don't think we're feeling enriched. While some people trespass (as they have for decades), we still don't have a park. There are no good access points, docks, benches, or signs, and there won't ever be unless Annapolis agrees to sell the land for a reasonable price.

"HRM is jeopardizing future investments in the region, economic prosperity and jobs."

Well that's malarkey. There's tons of development going on in Halifax and plenty of room for more. On the other hand, the tourism industry has long said this park would be an enormous draw, and indeed, it would be one of the best urban parks in Canada. Destroying it to put up more 1970s-style growth is no ticket to prosperity.

Halifax needs to fight this lawsuit and win to defend our right as a city to decide where we do and do not develop. Remember, a development is only possible if the city is willing to indefinitely provide plowing, pipes, transit, fire, police, and everything else. Speculatively buying a piece of land does not give you the right to decide where the city uses those resources.

Halifax needs to stand up and show we won't be pushed around by any developer that threatens a lawsuit.

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She's an elegant mercy killer

INTERVIEW

Much like her new character, actress has two sides to her

Chris Alexander
For Metro Canada



The first five minutes of Global TV's new series *Mary Kills People* doesn't mess around. In it, beautiful young doctor Mary Harris sits at the bedside of a wealthy man in the final stages of an agonizing illness. As she mixes a deadly cocktail, she explains how this potent potion will do what the man wants: it will end his life. As Mary watches the man quickly slip into the ether, she never leaves his side. But then something goes wrong.

We won't tell you what happens next, but the entire scene encapsulates the emotional and visceral complexity of the six-episode series (which premieres on Global in Canada on Wednesday and on Lifetime in the U.S. on April 23) and gives us a fully realized peek into the plight of its protagonist, deftly played by Quebec-born actress Caroline Dhavernas. Dhavernas is the heart and soul of a show that, using dark humor and wrenching drama, taps into a very real, controversial social issue, that of assisted suicide.

"I think what drew me most to *Mary Kills People* is that way that (series creator) Tara Arm-



Caroline Dhavernas sees her lead character in Global TV's new series *Mary Kills People* as 'a bit of a pioneer'. CONTRIBUTED

strong has handled such an important subject," Dhavernas tells Metro.

"There's lots of grey zones here. As there should be. And Mary is a woman filled with contradictions. As the show progresses, you will find out that she's not just doing this to help people, she's also doing this for personal reasons."

While Mary is mostly right-

eous in her mission, she's in essence a criminal. Though medically assisted dying has been legal in Canada since June 2016, *Mary Kills People* takes place in a world where it's not, meaning Mary is forced to live a double life as an ER doctor and single mother of a teenage daughter, while being trailed by police like the serial killer that legally, she is.

"These moments where Mary is taking human life are so intimate and meaningful for her," Dhavernas insists.

"And the fact that there is the illegal aspect to her work is also probably equally meaningful for her. But she's not a sociopath. She's doing this out of empathy and I see her as a bit of a pioneer, evolving in a world where she cannot progress in

a controlled environment. She has to get away with it. Morally, it's a very intriguing character. And not all of the characters she encounters on her journey agree with her."

It's a joy to see Dhavernas take on such a rich character and be center stage in a series of this calibre. The prolific actress is perhaps best known for her work with noted TV writer

and showrunner Bryan Fuller in hit shows like *Wonderfalls* and *Hannibal*, but before she became a celebrity in the English-speaking world, she was first a star in French Canada, appearing in Quebecois film and television since childhood. She continues to do so.



She's not a sociopath, she's doing this out of empathy.

Caroline Dhavernas

"It's funny, because I have this duality," says the actress.

"There are those two solitudes, it's true. I have been working in Quebec as an actor since I was eight years old, so when I moved to New York when I was 21, it was strange — no one knew who I was! So I had to start again. But the beauty of it was that I had all this experience as an actor under my belt."

And though the first season of *Mary Kills People* consists of just six episodes, we'd certainly like to see more of Dhavernas' elegant mercy killer on screen. So would she.

"There are talks to do a second season and I hope there is. The writers already have some great ideas. I guess we just have to see how well this first round does."

Mary Kills People airs Wednesday, Jan. 25 at 9 p.m. on Global Television.



JOHANNA SCHNELLER WHAT I'M WATCHING

Praying for some holy logic

THE SHOW: *The Young Pope*, Season 1, Episode 2 (HBO)

THE MOMENT: The marketing meeting

Pope Pius XIII (Jude Law) is having the first meeting of his new papacy — with the Vatican's marketing expert, Sofia (Cecile de France).

She tells him that a sizeable slice of the Vatican budget relies on merchandise bearing the Pope's image. He holds up a plain white plate.

"This is the sort of merchandise I'm prepared to authorize," Pius says. He tells her there will be no images of him, not even photographs.

She tells him he's committing media suicide. He counters that the most important cultural figures are enigmas: Salinger, Kubrick, Banksy.

Sofia says he's not an artist, but a head of state. "Yes," he replies. "And in order to survive, its leader has to make himself as unreachable as a rock star."

She nods, intrigued. "The Vatican survives on hyperbole," he says. "So we will generate hyperbole in reverse."

I've seen three episodes of this series, and I still don't get it. On the one hand, it depicts Pius as modern and irreverent, the wily boss of a large corporation. On the other, he's full of fire and brimstone about God. I'm fine if a main character is unpredictable, but there has to be a logic, an inevitability to what he does.

Series creator Paolo Sorrentino is in thrall to images. Nuns playing slo-mo soccer, the Pope's red shoes. He wants images of the Pope shocking people. He wants images of the Pope praying fiercely. He doesn't care if so far, he doesn't have a through line there.

But so far, I do.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Jude Law's *Young Pope* is depicted as a wily corporate boss but also full of religious fire and brimstone. CONTRIBUTED



Attraction may raise the stakes, but according to one expert, it's not the end of the world when we are rejected, as long as we learn lessons to take forward. ISTOCK

Working hard on a cure for shyness

ADVICE

If your nerves keep you from finding love, it's time to talk

Sofi Papamarko
Torstar News Service

Putting yourself out there romantically can be all kinds of scary. The simple act of asking somebody on a date can prompt sweaty palms, an elevated heart rate and other symptoms related to anxiety. Love is fight. Love is flight.

As a wise man once said, "shyness is nice, but shyness can stop you from doing all the things in life you'd like to."

It takes courage and some measure of self-confidence to ask somebody out. But what if you have neither? Then you might just be love-shy.

The Forty Year-Old Virgin is a movie concept that supposedly borders on the absurd, but it's astonishing how many match-making clients I meet in their 30s, 40s and beyond who have never dated. It's not because there's anything wrong with them; in fact, they happen to be particularly introspective,

intelligent and sensitive people. It's just that they're too afraid of rejection to express romantic interest in anyone — ever.

"Shyness has always been an issue for me," a recent match-making client explained. "If there's an attractive woman, I can only steal glances. I have never had the courage to ask anyone out. At work, it feels too risky to ask single co-workers on a date in case it doesn't end well."

If an overwhelming fear of romantic rejection sounds silly to you, consider your own fears and how unreasonable they may seem to others. Spiders? Heights? Clowns? Fear is fear; sometimes those fears can be as debilitating as they are unfounded.

"The fear of rejection can stop us from taking risks and the problem is exacerbated if we are extremely attracted to the other person," says Christopher Gray, author of *From Shy to Social: The Shy Man's Guide to Personal and Dating Success* and a formerly love-shy person.

"Attraction raises the stakes. In reality, it's not the end of the world when we are rejected. In fact, rejection is a normal part of life. You may not realize it at the time, but rejection has the potential benefit of forcing us to improve ourselves, for a greater chance of success in the future."

Talking through your anxieties with a therapist and/or doing CBT (Cognitive Behavioural Therapy) can help. But you can also tackle this by taking a lot of smaller steps, which is how Gray eventually overcame his own love-shyness.

"The first step was recognizing that it was a personal problem, not a problem with society not giving shy guys a chance," he says. "I took several courses designed to get me out and interacting with people, including acting and improv."

Over time, Gray gained the confidence required to initiate friendly conversations. Once that got easier, he began asking women out. "I experienced plenty of rejection along the way, but over time my success rate got better, leading to a normal dating life and eventually to a very rewarding relationship."

Being love-shy is a challenge that can be overcome with determination and support. If you live with love-shyness, know that you're not doomed to repeat the same lonely narrative for the rest of your life. Remember that you're worthwhile and worthy of love. It's time to get out of your own way.

Sofi Papamarko is a writer and matchmaker who lives in Toronto.

Chevon AmStaff Mix

Chevon was transferred to the Dartmouth SPCA from our Colchester shelter at the end of December. Since then, she has been patiently awaiting her new home. During her time here the staff have been surprised time and time again that Chevon is eight! She has quite the energy level for a girl her age. She would love an owner who is able to take her for walks and hikes to burn off some of that energy!

She would love to go to a home with no cats but would fit right in with children over sixteen. **Does your home sound like the perfect fit for Chevon?**

For more information on **Chevon** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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DOCUMENTARY

Every minute counts in drive to ease Alzheimer's epidemic

In 2004, PBS aired a film about Alzheimer's disease.

The grim takeaway:

- It's incurable and deadly.
- With the aging of the U.S. population the number of cases is skyrocketing accordingly.
- The cost of this coming epidemic is destined to be financially ruinous, not only on an individual basis, but also as a public-health crisis.

That was then, in 2004. But the situation has grown only more dire, says an important new documentary, *Alzheimer's: Every Minute Counts*, which airs Wednesday at 10 p.m. EST on PBS.

According to this program, there are now more than 5 million Americans with Alzheimer's disease, with the number projected to soar by 55 per cent by 2030, while future costs associated with it threaten to bankrupt Medicare, Medicaid and the life savings of millions of Americans.

Alzheimer's: Every Minute Counts was produced and directed by Elizabeth Arledge, who a dozen years ago produced



A daughter cares for her mother diagnosed with a genetic form of early-onset Alzheimer's in *Every Minute Counts*. AP

the Emmy-winning *The Forgetting: A Portrait of Alzheimer's*.

That report mainly focused on the human tragedy of a degenerative brain disease that sentences each victim to a progressive loss of memory and sense of self and, over time, an inability even to swallow and breathe.

For her new documentary, Arledge has taken a different tack.

"This is not another examination of the heartache," she explained recently. "Instead, it's more about how this personal

tragedy is now going to become a tragedy for the whole country if nothing changes in the trajectory of the disease. We look at the epidemic as a main character in the film."

All in all, *Every Minute Counts* is an alarming hour. But it isn't without hope.

"There are a lot of promising things in development," says Arledge. "With enough support to bring them across the finish line, they could make a difference in the next five or 10 years."

THE ASSOCIATED PRESS

Creative fun for stagestruck kids

Add a little drama to your kid's life this March break at a Neptune Theatre camp.

Neptune's March break camps, running March 13-17, are aimed at kids four to 12 years old. There are five different programs which will appeal to pretty much every kid.

"For the younger kids there are the Superheroes and Wizards of Neptune programs and there are some musical theatre programs for kids aged seven to 12," said Laura Caswell, incoming director of education who is excited to meet campers and parents during March Break.

"Also for the older kids there is the Collective Creation camp which is more drama-driven where kids create their own piece of theatre."

These camps involve a number of creative activities, movement and acting exercises, and singing.

"It's the perfect place if you want to try acting or drama for the first time and it's also a really creative environment for kids who are already comfortable with that part of their personality — it's a great place for them to grow and blossom as well," Caswell said.

"It's not about creating a perfect performance at the end of the week, it's really about a



Students perform in *Runaways*, a production by Neptune Theatre's Youth Performance Company (ages 13-18). CONTRIBUTED

week of creative fun, team building, and making new friends."

Campers work within their own camps but there are also opportunities to meet kids in other programs during special activities.

At Neptune camps are staffed by professional and experienced actors and artists in the theatre community.

The camps run 9 a.m. - 4 p.m. throughout the week but extra care can be arranged. All March Break Neptune camps take place in the Shambhala School located at 5450 Russell St., Halifax. Find out more and register online at neptunetheatre.com.

From self-care to campfires

It's a unique camp for remarkable campers.

March of Dimes Canada is offering a March Break Camp for children and youth with neurological motor disorders (three-25 years of age) at Brigadoon Village March 11-15.

Brittany Jennings said they blend traditional camp activities with their Conductive Education program, a unique teaching method for individuals with neurological motor disorders.

"A large focus is placed on campers taking responsibility for themselves, directing their self-care, gaining skills for independence and actively participating in all activities to the best of their ability," Jennings said.

Each morning campers participate in a Conductive Education class which improves their mobility plus fine and gross motor skills. The rest of the day is spent doing traditional camp activities like campfires and music, arts and crafts, kick sledding, outdoor activities, cooking, team building games and more.

"It offers a safe and accessible place for the campers to be themselves and meet peers who deal with similar challenges," Jennings said. "They learn new skills like how to transfer in and out of their wheelchairs more independently."



CONTRIBUTED

Parents of young campers are invited to join and meet other parents and caregivers during a variety of activities.

For some campers it is their first experience spending a week away from their parents and it's an incredibly important experience, Jennings added.

Some campers come home with new friends, others come home with new experiences.

"Camp opens many doors if you try, like being able to carry stuff without a walker or learning something new," said Valerie, who participated in the camp last year.

If you wish to register, please contact March of Dimes before Jan. 30 to take advantage of their early bird deadline.

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MARCH BREAK 2017

A 5 day overnight camp for children and youth with neurological motor disorders (3-25 years of age). Camp activities include; campfires, music, cooking, arts and crafts and kick sledding. Campers will also participate in our Conductive Education program which works on skills such as walking, balance, self-care, and fine motor skills.

WHERE: Brigadoon Village near Kentville, Nova Scotia
WHEN: March 11th - 15th, 2017

For more information, please call Brittany Jennings at 1-902-444-1090 OR e-mail at bjennings@marchofdimes.ca

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"If you know someone it doesn't mean you agree with everything they say or they do": Tom Brady spoke to Boston radio about friend Donald Trump

Raonic's dream within reach

AUSTRALIAN OPEN

With top two out, Canuck has big chance to win major

Not every tennis player quotes from Goethe on Twitter, keeps a journal and visits art exhibitions during tournaments.

Milos Raonic, though, has taken a slightly different path in life. He grew up playing tennis in snowy Canada, not sunny Florida. And his parents, immigrants from Montenegro, knew nothing about tennis. On long drives to tournaments, his father would quiz him with math problems, not break down his forehand.

The Canadian has many passions in life, but make no mistake, he's still very focused on his career goal — winning a Grand Slam. And with Andy Murray and Novak Djokovic now out of the draw at the Australian Open, the third-ranked Raonic is suddenly the highest seed remaining.

Is this his best opportunity to finally break through and win a major trophy?

"It sort of crosses your mind," he said after his 7-6 (6), 3-6, 6-4, 6-1 win over Roberto Bautista Agut of Spain on Monday.

"But it's very insignificant because there's a lot for me to even get past. I have some very difficult tasks ahead of me," said Raonic, who reached the Wimbledon final and the semi-finals at Melbourne Park last



Milos Raonic mingles with fans after his win over Roberto Bautista Agut of Spain on Monday in Melbourne, Australia. CLIVE BRUNSKILL/GETTY IMAGES

year. "I'm pretty intent on staying in that moment, in that sort of challenge one at a time."

Indeed, Raonic has a significant obstacle in front of him next, 14-time major winner Rafael Nadal, who defeated Gael Monfils in the fourth round.

After ending his season early last year because of a wrist injury, a rejuvenated Nadal has

been playing inspired tennis in Melbourne. He also has a 6-2 record against Raonic, though the Canadian won their most recent match at the season-opening Brisbane International event.

The other concern for Raonic has been his health — he came down with a cold earlier in the tournament and was bed-ridden for a day. His timing seemed

slightly off against Bautista Agut when he racked up 55 unforced errors and even uncharacteristically hurled his racket to the court midway through the third set.

But Raonic said he's on the mend and playing with new focus under his recently hired coach, Richard Krajicek.

Krajicek's addition at the start

"I have some very difficult tasks ahead of me."

Raonic on his chances of winning the Aussie Open. He faces Rafa Nadal next.

of the season was just the latest tweak by Raonic aimed at perfecting his game. In the past few years, Raonic has been coached by Riccardo Piatti and former pros Ivan Ljubicic and Carlos Moya, and during Wimbledon, he hired John McEnroe as an adviser on a temporary basis.

Then, at the start of this year, he parted ways with Moya (who has since joined Nadal's team) and brought on Krajicek. The reason: to help him solve the riddle of the only two players ahead of him in the rankings — Murray and Djokovic. He has a combined 3-17 record against the two.

"I don't think I'm ever going to be the best guy from the baseline by any means, especially not against them," he said before the Australian Open. "If I'm going to take it to them, it's by coming forward. So I wanted to improve in that aspect."

Raonic has been effective at the net thus far in Melbourne; he tried serve-and-volleying against Gilles Simon in the third round, winning 20 of 32 approaches. Now, he'll see if he can keep moving forward against Nadal and take another step toward the trophy.

THE ASSOCIATED PRESS

UFC

Browne, Lewis to do battle in Halifax

Derrick "The Black Beast" Lewis and Travis "Hapa" Browne will face off in the new main event of a televised UFC Fight Night card in Halifax next month.

Former champion Junior Dos Santos, ranked fourth among heavyweight contenders, was originally set to meet No. 11 Stefan "Skyscraper" Struve in the main event Feb. 19 at Scotiabank Centre. But Struve, who was stopped in the first round when the two first met in 2009, pulled out with a shoulder injury that required surgery.

Lewis, ranked No. 8 among heavyweights, and No. 9 Browne were originally slated to meet Feb. 11 at UFC 208 in Brooklyn, N.Y.

Lewis (17-4-0 with one no contest) is 8-2-0 in the UFC and has won his last five fights. Browne (18-5-1) has lost three of his last four against top opposition, beaten by Fabricio Werdum and Cain Velasquez most recently.

The Halifax card will also see former welterweight champion Johny "Bigg Rigg" Hendricks move up to middleweight to face Hector Lombard (34-6-2 with two no contests). Hendricks, who is ranked 11th among welterweight contenders, has had a history of problems making weight as a 170-pounder.

Hendricks (17-5-0) has lost his last three fights — against Neil Magny, Kevin Gastelum and Stephen "Wonderboy" Thompson. Lombard, who has also fought at welterweight, lost to Dan Henderson and Magny most recently.

A win over Josh Burkman in January 2015 was turned into a no contest after the Cuban-born American-based fighter failed a drug test. He was suspended for one year and fined.



Derrick Lewis



Travis Browne

GETTY IMAGES FILE

NHL

Smith extends his stay with Senators

The Ottawa Senators have signed forward Zack Smith to a four-year contract extension worth \$13 million US.

The Senators said in a release that the extension through the 2020-21 season carries an annual average value of \$3.25 million per year.

Smith, 28, has 11 goals and 11 assists in 43 games this season and is averaging a career-high 16 minutes 13 seconds per game.

The native of Maple Creek,



Zack Smith

GETTY IMAGES

Ottawa's third-round pick (79th overall) in the 2008 NHL Draft.

THE CANADIAN PRESS

Sask., set career highs with 25 goals and 36 points in 2015-16. He has 75 goals and 61 assists in 443 NHL games, all with the Senators.

Smith was Ottawa's third-round pick (79th overall) in the 2008 NHL Draft.

IN BRIEF

Royals' pitcher Ventura honoured in his homeland

Dozens of children wearing blue T-shirts with the name "Ventura" on the back gathered at a coastal home to pay respects to their idol: Yordano Ventura. Las Terrenas, Dominican Republic has declared two days of mourning.

The Royals pitcher died Sunday in a car crash in his homeland, where he was known for practising with his former youth baseball team every time he visited home. THE ASSOCIATED PRESS

AFRICA CUP ON NATIONS

Algeria bows out as Tunisia progresses

Algeria was eliminated from the Africa Cup of Nations in a goal rush in the final games in Group B on Monday. The one-time title contender drew 2-2 with Senegal and saw Tunisia go through to the quarter-finals in its place by beating Zimbabwe 4-2.

Ten goals flew in at the culmination of the group in Gabon but Algeria's fate was effectively sealed quickly when North African rival Tunisia went 2-0 up very early over the Zimbabweans with strikes from Niam

Sliti and Youssef Msakni. Algeria needed Tunisia to lose in Libreville, Gabon, to have a chance of progressing to the quarters. Senegal had already qualified for the quarter-finals.

In Franceville, Algeria twice led Senegal but Senegal twice equalized, leaving Algeria to exit the tournament without a win.

Two of the four quarter-final lineups have been decided: Tunisia will play Burkina Faso, and Senegal will play Cameroon.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Zesty Artichoke and Spinach Roll-Up Lasagna



PHOTO: MAVA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

This updated classic packs a healthy dose of veggies.

Ready in 55 minutes
Serves 6

Ingredients

- 1 box (13.25 oz) lasagne sheets, fresh, pre-cooked or cooked
- 2 cups tomato sauce
- 2 cups fresh baby spinach
- 2 cups ricotta cheese
- 1 cup grated Parmesan
- 1/2 to 1 (6 oz) jar artichoke hearts, drained
- 1 egg
- 1/2 tsp salt
- 1 cup grated Fontina cheese, divided
- 1 cup grated mozzarella cheese

Directions

1. Preheat the oven to 350. Ladle thin layer of sauce on bottom of a 9' x 13' inch baking dish.
2. In food processor, add spinach,

ricotta, Parmesan, artichoke, egg and salt and process until creamy.

3. Create a rolling station by laying noodles out on a flat surface (lined with parchment) and mix Fontina and mozzarella in a bowl. Take a heaping Tbsp ricotta mixture and create a thin layer across the entire lasagna noodle. Sprinkle with Fontina and mozzarella mix.

4. Gently roll up noodle from one end to the other. Place roll-up seam side down in the prepared baking dish and repeat until all the lasagna noodles are filled. Pour more tomato sauce over lasagna roll-ups and sprinkle with remaining Fontina and mozzarella mix.

5. Loosely cover the baking dish with aluminum foil, and bake for 15 minutes. Remove foil, bake for another 15 minutes. Garnish with parsley if desired.

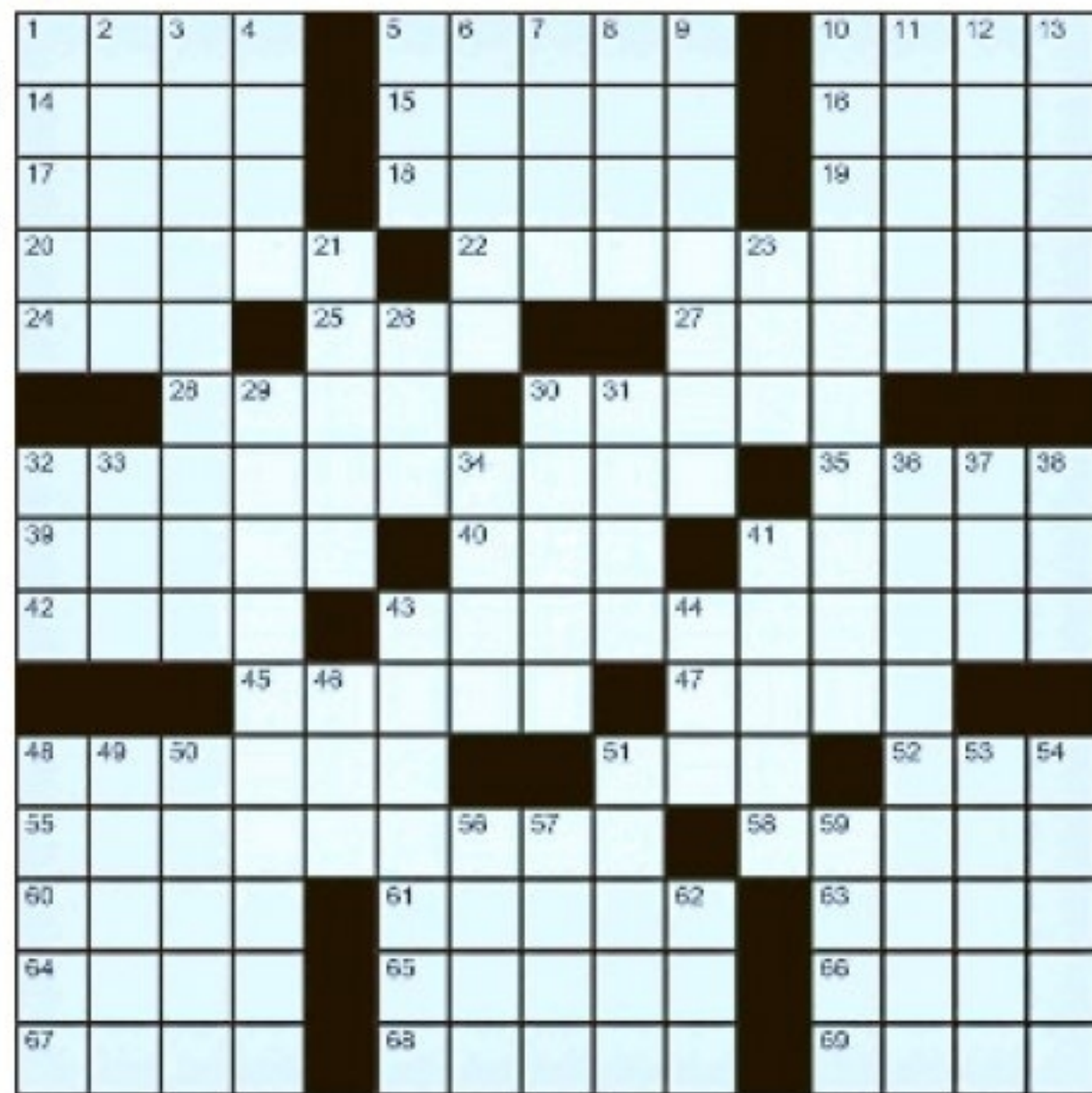
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Rested, ___ bit
5. Q. "Do you know ___" is a Taylor Swift album?
- A. "Yes, and it was released in 2012."
10. Dog breed, ___-Pei
14. Sound in the famous Alka-Seltzer commercial song
15. "___ go on?"
16. Mariah Carey hit
17. The ___ (Famous mountains in Europe)
18. Varieties
19. Casino likelihoods
20. Ten Commandments receiver
22. Calgary's famous annual events
24. Scand. land
25. Mr. Sajak
27. Menswear designer
28. House, hip-style in Louisiana
30. Marshy water
32. Emergency "beds" in hospitals
35. Quite
39. Feudal lord
40. Build up the barracks
41. Christina Aguilera's "___ in a Bottle"
42. Himalayas legend
43. Super swift dogs
45. Musical group of nine
47. City in Quebec
48. Big desert
51. High deg.
52. "You're it!" game
55. Transversely
58. Lightly fry



60. Ms. Downey of "Touched by an Angel"
61. Angered
63. ___-Raspberry (Ocean Spray flavour)
64. Ed of "Daniel Boone"
65. Consumer advocate Ralph

66. Gent's gender
67. City's green area
68. Surnamesakes of Will who portrayed Grandpa on "The Waltons"
69. Letters to follow Kays

DOWN

1. Markets via unwanted email
2. Grant
3. Classified: 2 wds.
4. Basilica area
5. Fountain filler
6. Canadian songstress of "Mushaboom"
7. Broadway musical

8. Scandinavian tale
9. Lets down
10. Two words to complete Toronto attraction 'The Bata'
11. Ms. Hopper of Hollywood's hey-day gossip
12. "I Would Die for You" singer Jann
13. Actress, Portia de ___
21. Cattiness
23. Quid Quo link
26. ...D, E, F, G
29. Prairie place, partially puny-ly: 2 wds.
30. Brimless cap
31. Drill Sergeant's force
32. Mr. Stallone, to pals
33. Fasten
34. Competitor in fables
36. Artificial
37. "El ___" (1961)
38. Fellows
41. Olympic champ's hauls
43. Eating away at
44. "You're such a comedian."
46. Surgeon's work in them, for short
48. Abandon, as junk
49. Fragrance
50. Bart Simpson's dad
51. ___ Paul and Mary
53. In the least
54. Trait carriers
56. Latin hymn, with Dies
57. "Smooth Operator" singer
59. Wile E. Coyote supplier
62. Julia's actor brother/Emma's father ...his initials-sharers

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's important to know that your interactions with others will benefit you now. Therefore, be friendly with others. Join classes, groups, clubs and organizations.

Taurus April 21 - May 21
With the Sun at the top of your chart, you'll look good to bosses, VIPs, parents and people in authority (including the police). This means this week is a good time for you to go after what you want.

Gemini May 22 - June 21
Grab every chance to travel, because you need a change of scenery. Of course, by nature, you are curious. You love variety and stimulation.

Cancer June 22 - July 23
Now is the time to focus on red-tape items like inheritances, wills, shared property, taxes and insurance issues. Wrap up what you can.

Leo July 24 - Aug. 23
You need more sleep this week. This is also a good time to observe your style of relating to others. Perhaps you can learn something from this.

Virgo Aug. 24 - Sept. 23
Because you have high standards for yourself, you will want to work efficiently so that you can be as productive as possible — go with this urge! Make hay while the sun shines.

Libra Sept. 24 - Oct. 23
This whole week is a lovely and playful time for you. Enjoy sports events, social times with friends, playful activities with children and the arts. Romance might blossom, too!

Scorpio Oct. 24 - Nov. 22
Your focus on home, family and your personal life continues at this time. In fact, your interactions with a parent could be significant. Relax and cocoon at home if you can.

Sagittarius Nov. 23 - Dec. 21
Accept the fact that the pace of your day is accelerating with short trips, errands and increased reading and writing. You're busier than a termite in a yoyo.

Capricorn Dec. 22 - Jan. 20
You're never casual about money. And of course, you hate waste. That's why you're giving your cash flow and earnings a lot of thought now.

Aquarius Jan. 21 - Feb. 19
This is a strong time for you, which is why you easily attract the attention of others. Not only do you attract people to you, you also can attract favorable situations.

Pisces Feb. 20 - March 20
Work alone or behind the scenes today, because this is a quiet time for you. Research of any kind will go extremely well

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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